

Coaching with *mettacool*

We redefine what it means to be a successful professional, helping employees prioritize well-being in parallel to career advancement.

OUR APPROACH

Mettacool coaching provides the playbook for how to prepare for and navigate career and life transitions with increased confidence, fulfillment, and performance.

Utilizing proven psychological techniques and our proprietary Mettacool Method™, our coaches elicit autonomous motivation, increase the capacity to change, and facilitate a change process through visioning, assessment, mindset work, goal setting, and accountability, which pave the path for sustainable and positive behavior change and upward mobility.

Our coaching packages combine experiential learning, coaching and accountability in order to affect greater change and prepare clients to take on the next phase in their career/life.

HIGH PERFORMANCE COACHING

Coaching designed for women who want to experience their full personal and professional potential. Offered as a four or six-month coaching program for professionals seeking to achieve career advancement or transition, better work-life harmony, improve their well-being, and reach next-level performance in their multi-dimensional lives.

EXECUTIVE COACHING

For clients with highly specific professional goals, Mettacool's executive coaching delivers precise outcomes. Our executive coaching team is skilled in the nuances of corporate communication, negotiation, emotional intelligence, and positive intelligence; they specialize in helping employees internalize and externalize concrete leadership identities and behaviors; and they build confidence, competence, and agility in employees who need to uplevel their careers or prepare for more complex roles.

HOW IT WORKS

1

Meet with a member of our team to find out if Mettacool coaching is right for you or your organization. Determine which package fits best and sign a statement of work.

2

The employees to be coached fill out intake assessments, which are confidentially reviewed by Mettacool's Coach Manager in order to identify several coaches for chemistry calls.

3

After a successful chemistry call between the coach and coachee, access is granted to Mettacool's online coaching and learning platform, and the engagement begins.

Schedule a call with our team for coaching today: hello@mettacool.com